

COOKING SCHOOL OPENS NEXT TUESDAY

IMPORTANT INFORMATION!

Measurements or devices given by some coffee manufacturers for their brands—if used for the new Ben-Hur "UNIFLO" roast—will make your coffee too strong, thus overcoming its delicate, delicious flavor with excessive strength. This is because of the extremely high-charactered, heavy and extra flavory coffees used in the Supreme Quality Ben-Hur blend, NOW more pronounced than ever by the "Uniflo" roast. USE LESS Ben-Hur Coffee... SAVE MONEY... Get a FAR MORE DELICIOUS cup of coffee.



**FAR MORE DELICIOUS!
FAR MORE ECONOMICAL!**



White Ribbon Shortening

Pie is the great American dessert. Nature provides the luscious fruits, but the crust is left to your ingenuity. Make sure that it is always crisp, flaky, tender by using White Ribbon—the perfect shortening for pastries, cookies, cakes, doughnuts, breads and icings.

White Ribbon is snowy white in color, smooth and creamy in texture. It is tasteless, odorless, mixes readily with other ingredients and possesses unequalled keeping qualities.

Every pound of White Ribbon is U. S. government inspected for purity and wholesomeness. It's packaged in convenient cartons and pails on sale at your local market. Ask for White Ribbon, the perfect shortening for all your baking needs.

AFTER ALL — "THE TASTE TELLS"
THE CUDAHY PACKING COMPANY
LOS ANGELES
U. S. Government Inspected in all Departments
A MAJOR SOUTHERN CALIFORNIA INDUSTRY
Visitors Welcome
10:00 a. m. to 2:00 p. m.

Cooking School Opens

Next Tuesday, April 30, at 1 P.M., Continues Three Days

Next Tuesday, April 30, is the day of days that local women have been anxiously awaiting, as it marks the opening of the three-day spring style show in modern cookery given under the auspices of the Torrance Herald and the Union Ice Company.

Sessions will be held at the Torrance Theatre, from 1 p. m. to 3 p. m. on Tuesday, Wednesday, and Thursday, April 30, May 1 and 2. Admission is free and everyone is invited. Use of the Torrance Theatre has been donated by DeWitt Van Derlip, owner of the popular playhouse, whose kindly co-operation with all community betterment affairs is deeply appreciated.

It will be a fascinating adventure into the fields of food chemistry embellished with new ideas which will add to the lure of the family table. It will bring fresh inspiration to women who have not had time to delve into the modern cookery which frees old-time "drudgery."

Complete family and guest dinners will be cooked automatically with clock-like precision—"clock-like" because the cooking actually will be regulated by a clock attachment on one of the modern Magic Chef ranges.

Dainty salads will be prepared on the stage from vegetables and fruits preserved for the purpose in one of the ultra modern ice refrigerators. Many new innovations in ice refrigeration will be demonstrated to those in attendance by Nina G. Abbey, home economist for the Union Ice Company.

Practical Ideas
This will be no exposition of tricky party dishes, the kind you serve to company only, but there will be demonstrations of the proper methods of cooking roasts, pies, steaks, cakes, the preparation of salads, new-breakfast dishes, hints on entertaining and suggestions to help make cooking more fun so that every housewife may have a happy kitchen.

These meetings will be a real round table of woman-to-woman gossip and housewives whose cooking routine is spoiled by the ringing of the telephone, ringing of the doorbell or the intrusion of members of the household, will find a remarkable example in the ingenuity of Mrs. Abbey.

Many Gifts
Besides a magnificent new 75-lb. ice refrigerator, which will be awarded on the closing day by the Union Ice Company and a Schwan Mixer which is to be given away by the Torrance Electric Shop, many other pleasing and worth-while gifts will be distributed each day. And please be on time, as the sessions will begin promptly at 1 p. m. and close sharply at 3 p. m. There will be no long drawn-out programs, but every minute of the two-hour session will be filled with interesting and instructive entertainment. Doors of the Torrance Theatre will open each day at 12:30 p. m.

BEN-HUR PRODUCTS SHOW INCREASING POPULARITY



Noted home economist, Nina G. Abbey, visits the Ben-Hur plant and inspects the new "Uniflo" roasting machines. She is listening to a technical explanation of the modern process by E. L. Weaver, sales manager of the Ben-Hur Coffee Company.

Ben-Hur products have been featured in a welcome addition to the toured in Southland cooking schools class under the auspices of the Torrance Herald and Union Ice for many years and they are cer-

Oily Taste Is Eliminated In Hill's Dressing

Chief among the reasons for the increasing popularity of Hill's French Dressing is its rich, creamy flavor and absolute absence of any oily taste. This result is achieved by a special Hill's process. The oil is broken down into such fine particles that not only is the dressing made free from this objectionable oily taste, but is also guaranteed against oil separation, which consists of the oil floating to the top of the bottle, while the solids sink to the bottom. The smooth, creamy texture of Hill's French Dressing remains absolutely uniform until the entire contents of the bottle is empty, thus eliminating the necessity of shaking the bottle each time before using.

Only ingredients of the finest quality are used in the manufacture of Hill's dressings. These include costly wine vinegars, nationally-known brand of mustard and cotton-seed oil, and finest quality spices.

In addition to French Dressing, the Hill Food Products Company, a local concern, manufactures Mayonnaise, another Hill item, the popularity of which is growing by leaps and bounds.

New Recipes

Probably there is no more cosmopolitan dish than stew. Stew, in one form or another and under one name or another will be found around the world, says Inez S. Willson, home economist. Bredee is lamb stew as it is prepared in South Africa.

- Bredee**
2 pounds lamb neck
Tomatoes, fresh or canned
2 medium-sized onions
Small piece red chili pepper, finely shredded
Sugar, salt, pepper
2 tablespoons fat
Cut the meat in small pieces, discarding any superfluous fat. Heat the fat and fry the onions until lightly browned. Put in the meat and fry quickly, turning frequently. Add two pounds fresh tomatoes, peeled and sliced, the finely shredded chili pepper, salt and pepper and barely cover with water. Cook gently for about two hours. Before serving add a little sugar.

- Lamb Stew With Sour Cream**
3 pounds shoulder of lamb
2 small onions
2 cups tomato pulp
2 tablespoons fat
2 tablespoons minced parsley
1 cup thick sour cream
Salt and paprika
Heat the fat, add the onions, cut fine, and the meat rubbed with salt and paprika. Brown the meat and the onions, then add the tomato pulp and parsley. Cook the meat slowly for two hours, adding water only if necessary. Just before serving, add the sour cream and blend it well with the sauce.

Nina G. Abbey
in her
**UNION ICE CO.
TORRANCE HERALD
Cooking School**
uses and recommends
HILL'S DRESSINGS
in her delicious salad recipes



Basich Bros. Get Contract

Basich Bros., Torrance contractor, submitted the low bid to the state highway commission, at \$44,862 for the improvement of four and one-half miles of state highway in Kern county, according to C. H. Purcell, state highway engineer. Bids ranged as high as \$57,729, the highest having been submitted by a Monterey concern.

Coffee, finer Garden-grown teas, the richest of all Vanillas and the world's finest Spices. Look into the cupboard of most well-organized Home Kitchens—there you'll see a complete assortment of Ben-Hur Food Products.

STARTLING NEWS

See air conditioned refrigeration demonstrated



Nina G. Abbey, famous home economics expert, shows amazing freshness and crispness of vegetables preserved by ICE during her lectures at the cooking school.

Attend the Cooking School Next Tuesday, Wednesday and Thursday Air Conditioning! . . .

It's the most modern aid to better living. Modern refrigeration engineers, through an amazing new ICE refrigerator, have at last brought the benefits of perfect air conditioning to every kitchen—well within the most modest family budget.

Nina G. Abbey in her cooking school demonstrations will show you the benefits of this revolutionary development in ICE refrigeration. You will see foods come from a magic food chamber absolutely re-freshed, with a crispness and deliciousness you have never experienced unless you have your own garden patch and orchard.

Attend these interesting demonstrations of kitchen economy—you are promised sessions of unusual interest.

Torrance Theatre
Tuesday, Wednesday, Thursday,
April 30, May 1 and 2
1 P.M. to 3 P.M.

The UNION ICE Company

2319 Arlington Ave., Torrance Phone 213
PHONE San Pedro 3290 Los Angeles call VANDyke
Wilmington 1240 1421 - Parkway 9103

Mixmaster

A Great Food Mixer . . . Used Exclusively at the Cooking School!



MIXMASTER
Preferred by Women Everywhere

POWERFUL, STURDY, EFFICIENT!
This famous Food Mixer takes all the wrist-aches and arm-aches and shoulder-aches out of cooking. It mashes and whips potatoes, turnips, squash, etc.; beats eggs, whips cream, juices oranges and lemons, etc.; mixes batter, stirs drinks; does all the hard work of cooking. It beats everything. It's a whole staff of help in itself.

EXCLUSIVE FEATURES . . .
Nothing to hold or adjust. Your hands are free to do other things while this mixer works. Always ready to use. Bowls turn themselves, juicer slips on top instantly. Will mix and juice at one time. Silent, powerful, easy to clean. Runs at any speed you set it for. Motor tips back to allow beaters to drain. Has mayonnaise oil-dropper and two lovely opaque green bowls. No kitchen complete without this great mixer.

FREE! — A Mixmaster . . .
Will Be Given Away by the Torrance Electric Shop at the Cooking School.

Torrance Electric Shop
1419 Marcelina Ave. Phone 567

The Choice of Millions

who know the high quality and better value to be had in the double-tested—double-action K C Baking Powder.

It produces delicious bakings of fine texture and large volume.

Manufactured by Baking Powder Specialists who make nothing but Baking Powder — under supervision of Expert Chemists of National Reputation. Always uniform — dependable. That insures Successful Bakings.

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Same Price Today as 44 Years Ago
25 ounces for 25c

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You can get a copy of this beautifully illustrated book — full of practical, tested recipes that will please you. Mail the certificate from a can of K C Baking Powder with your name and address and your copy will be sent postage paid.
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